

## Special Issue

# Sports Injury Prevention in Young Athletes

### Message from the Guest Editors

Participation and competition in sports inherently carry a significant risk of injury, a concern that is particularly pertinent for young athletes. This Special Issue aims to advance knowledge in sports injury prevention, with the goal of informing strategies and guidelines that promote safe participation in sports for young athletes.

Specifically, we seek to explore and elucidate methods for preventing both acute and overuse injuries in this population. This may include intervention studies examining the efficacy of injury prevention programs or strategies, observational studies identifying risk and protective factors (e.g., maturation, sex differences, biomechanics, strength, flexibility, sleep, nutrition, training load, psychological characteristics, equipment, monitoring systems, and sports rules), and research employing multidisciplinary approaches to sports injury prevention in youth athletes, including holistic models and interdisciplinary frameworks, that address the biopsychosocial challenges inherent in youth sports.

---

### Guest Editors

Dr. Sofia Ryman Augustsson

Dr. M. Charlotte Olsson

Dr. Linda Ekenros

---

### Deadline for manuscript submissions

25 September 2025



## Sports

---

an Open Access Journal  
by MDPI

---

Impact Factor 2.9  
CiteScore 4.1  
Indexed in PubMed



[mdpi.com/si/233680](https://mdpi.com/si/233680)

*Sports*  
Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland  
Tel: +41 61 683 77 34  
[sports@mdpi.com](mailto:sports@mdpi.com)

[mdpi.com/journal/  
sports](https://mdpi.com/journal/sports)





# Sports

---

an Open Access Journal  
by MDPI

---

Impact Factor 2.9  
CiteScore 4.1  
Indexed in PubMed



[mdpi.com/journal/  
sports](https://mdpi.com/journal/sports)



## About the Journal

### Message from the Editor-in-Chief

*Sports* (ISSN 2075-4663) is a peer-reviewed scientific journal that publishes original articles, critical reviews, research notes and short communications in the interdisciplinary area of sport sciences and public health. It links several scientific disciplines in an integrated fashion, to address critical issues related to sport science and public health. The journal presents diverse original articles, including systematic and narrative reviews, cohort and case control studies, innovative randomized trials, and formative research using qualitative and quantitative methods with the aim to provide information for researchers to plan intervention programs. It addresses diverse public health, physical activity and exercise science topics.

---

### Editor-in-Chief

Prof. Dr. Eling Douwe De Bruin

1. Institute of Human Movement Sciences and Sport, IBWS ETH, HCP H 25.1, Leopold-Ruzicka-Weg 4, CH-8093 Zürich, Switzerland
2. Karolinska Institutet, Stockholm, Sweden

---

### Author Benefits

#### High Visibility:

indexed within Scopus, ESCI (Web of Science), PubMed, PMC, and other databases.

#### Journal Rank:

JCR - Q1 (Sport Sciences) / CiteScore - Q2 (Physical Therapy, Sports Therapy and Rehabilitation)

#### Rapid Publication:

manuscripts are peer-reviewed and a first decision is provided to authors approximately 18.7 days after submission; acceptance to publication is undertaken in 3.7 days (median values for papers published in this journal in the first half of 2025).